St Paul's Catholic School **Personal Development PD/PHSE & RSE Themes Overview 2026-2027**

Date & Pastoral theme	Year 7	Year 8	Year 9	Year 10	Year 11
2/9	R1 Connecting with teachers	RSE Created and chosen (10:10)	HW 37 The Happiness Trap	HW72 Inclusivity & Belonging	HW77 Discrimination and the equality act
9/9 Suicide Prevention Day	R2 From stranger to friends	RSE Appreciating differences (10:10)	HW 38 Managing anxiety	HW55 Who should you trust?	HW73 Stereotypes and prejudice
16/9 Care for Creation month	R3 How to have healthy relationships	RSE Feelings (10:10)	HW 39 Combating negative self-talk	HW63 Self-esteem and Respect	UCAS Prep Reg: HW78: Respecting human rights
23/9 Diversity Week Challenging stereotypes	Year 7 Saints Day Prep Reg: R4 Tackling cyberbullying	RSE Before I was born (10:10)	HW 42 Expressing gratitude	HW66 R E S P E C T	UCAS Prep
30/9 Black History Month	R6 Safe and healthy relationships	RSE Tough relationships (10:10)	HW 52 Character strengths in focus	HW70 Safety instincts	HW74 Gender biases
7/10	Year 7 Saints Day Reg: L1 Examining the Equality Act	RSE Think before you share (10:10) Assessment	R36 Postitive vs Negative humour	HW76 Managing emergencies	HW80 Criminal exploitation
14/10	L2 The role of courts and tribunals	RSE Wider World (10:10)	RSE The search for love (10:10)	RSE Authentic Freedom (10:10)	HW 81 The question around deepfakes
Half Term Holiday					
28/10	L3 Making sense of money	R14: Repairing relationships	RSE Love people, use things (10:10)	RSE Self-image (10:10)	PS16 Statements
4/11	L4 Budgeting basics	HW19 Sharing information online	RSE In control of my choices (10:10)	RSE Beliefs, values and attitudes (10:10)	RSE Self-worth (10:10)
11/11 Remembrance	L5 Bank Accounts	HW20 The limitless internet	RSE Fertility and contraception (10:10)	RSE Parenthood (10:10)	RSE Addiction (10:10)
18/11 Interfaith Week	RSE Who am I (10:10)	HW21 Viewing harmful content	RSE Commitment and marriage (10:10)	RSE Pregnancy and abortion (10:10)	RSE: Eating disorders (10:10)
25/11 County lines awareness week	RSE Changing bodies (10:10)	HW 22 Gender-based discrimination	RSE Understanding consent (10:10)	RSE Abuse (10:10)	Mock exams
2/12	RSE Healthy inside and out (10:10)	HW 23 Racism and discrimination	RSE Human rights and wrongs RSE Assessment	RSE Solidarity (10:10) RSE Assessment	Mock Exams

'Let your light shine before others' (Gospel of Matthew)

ACT LOVE WALK
MICAH 6:8

St Paul's Catholic School **Personal Development PD/PHSE & RSE Themes Overview 2026-2027**

9/12 Human Rights Day	RSE Where we come from (10:10)	HW24 Homophobia	R29 Forced Marriage	R38 Recognising signs of coercive control	RSE: Birth Control (10:10)
16/12	Christmas activities	Christmas activities	Christmas activities	Christmas activities	Christmas activities
Christmas Holidays					
6/1	HW1 Combat worry, stress and anxiety	L7 Exploring the democratic process	R55 Stalking and unwanted behaviour	R39 Sexting	RSE Pornography (10:10)
13/1	HW2 The stress scales	L8 Respecting & celebrating religious diversity	HW 44 Substance addiction	R40 The distorted reality of pornography	RSE STI's (10:10) R50 Differences between forced and arranged marriage
20/1	HW3 Rewiring the brain	L9 The evolution of money	HW75 Gambling addiction	R42 Self-examination and screening	RSE Coercive control (10:10)
27/1 Holocaust Remembrance Day	HW4 Sleep essentials	L10 Taking control of money	HW 45 Informed drug and alcohol choices	L19 AI and society	R58 Relationship fall outs
3/2	HW5 Phones and sleep	L11 Making health decisions	HW46 Drugs and county lines	L20 Understanding democracy Reg: Keeping your online data safe	R59 Domestic abuse
10/2	Ash Wednesday (CAFOD) Reg: HW6 Investing in your health	Ash Wednesday (CAFOD) L12 Reg: Fundamentals of business	Ash Wednesday (CAFOD) Reg: HW 51 Evaluating eating habits	Ash Wednesday (CAFOD) Reg: The UK's relationship with the world	Ash Wednesday (CAFOD) Reg: L28: Credit & Debt
Half Term Holiday					
25/2	HW7 Managing privacy online	Options Reg: HW47 The truth about vaping	HW43 Saving lives with First Aid	L21 Public Money Reg: L22 Your pension, your future	R53: Safe relationships online Reg: L29 Insurance
3/3	HW8 The dangers of your internet algorithm	Options Reg: HW 25 First Aid beyond emergencies	L12 Financial Risk	R48 The psychology of bullies	R46: Sexual harassment and agression
10/3 Internation Women's Day	HW9 Social media addiction	HW 26 Oral Hygiene	L15 Exploitation	R47 Sharing illegal images	L25 The dangers of sextortion

'Let your light shine before others' (Gospel of Matthew)

ACT LOVE WALK
MICAH 6:8

St Paul's Catholic School **Personal Development PD/PHSE & RSE Themes Overview 2026-2027**

17/3 National CSE Day	HW 10 Healthy eating, healthy living	HW 27 Health and hygiene	L13 Volunteering in the community	Mock Exams	L26 Online content and mental health HW82 Caring for your mental health
Easter Holidays					
7/4 Stress awareness month	HW14 Escaping the social media trap	HW29 Drug awareness	L14 How laws are made	Mock Exams	HW83 Managing stress and overthinking
14/4	HW15 AI and chatbots	HW30 Alcohol and social inhibitions	L16 The fundamentals of AI	R60 Female Genital mutilation	HW85 Rethinking masculinity
21/4	RSE Family and friends (10:10)	R23 Assessing the trustworthiness of others	HW 49 Sextortion Reg: L18 Deepfakes and AI	HW61 Unrealistic online world	HW 86 Health conditions Reg: HW84 Exam stress
28/4	RSE My life on screen (10:10	R19 Understanding consent	Mock Exams	HW65 Fake news & misinformation	Celebration Mass Prep
5/5	Wellbeing – cards for Year 11/13	R20 Power dynamics and consent	L30 Knife crime	HW62 Online radicalisation	Revision and Exams
12/5 Mental Health awareness	RSE Assessment (10:10)	R22 Discussing Pornography	LW48 Instagram vs reality	HW64 Online stalking	Revision and Exams
19/5	RSE Living responsibly (10:10)	R24 Introduction to FGM	HW 53 Understanding eating disorders	HW58 The hidden scars of knife crime	Revision and Exams
26/5	HW12 Vaping: a global dilemma	R56 Respecting ourselves	HW 54 Organ donation	Reg: HW87 The health care system	Revision and Exams
Half Term					
9/6 Refugee week	HW17 Healthy and balanced lifestyles	Reg: HW36 Drug Laws in UK	R31 Empowering positive masculinity	L31 Menstrual health & conditions	Revision and Exams
16/6	HW 13 The balanced diet	R57 Ending relationships	R32 Relationships and their legal status	Reg: HW67 understanding	

'Let your light shine before others' (Gospel of Matthew)

ACT LOVE WALK
MICAH 6:8

				vaccination & immunisation	
23/6	HW 10 Alcohol and your health	L23 Explicit sexual imagery	R33 Avoiding and preventing harrasment	HW68: Drugs	
30/6	HW 16 Fire and water safety	L24 Online masculine narratives	R34 Oline grooming	HW 69: Prescription medication misuse	
7/7	HW18 Safety in public	HW35 Changing emotions	R35 Rising above cyberbullying	HW71 Sleep exercise & diet	
	Year 7 Retreat Days Yr 7 Retreat to The Briars	Year 8 Retreat Days	Yr 9 Health Fair Yr 9 Retreat to The Briars R30 Respecting transgender peoples	WOW week Yr 10 Health Fair	

R – Relationships & Sex Education from Wellio

HW – Health Well being from Wellio

L – Living in the Wider World from Wellio

RSE (10:10)– Relationships & Sex Education from TenTen resources – 'Life to the full' (John 10:10)